

MEMBERSHIP BENEFITS GUIDE 2007

A silhouette of a person standing on a boat, facing away from the camera with their arms raised in a 'V' shape. The background is a bright sunset over the ocean, with the sun low on the horizon. The person is wearing a dark shirt and a life vest.

**BECAUSE MEMBERSHIP
DOES HAVE ITS PERKS**

MEMBERSHIP BENEFIT GUIDE 2007

Coast Guard Reservist in Selected Reserve (SELRES)								
Coast Guard Reservist on Active Duty Orders (31 days and over)								
Coast Guard Reservist on Active Duty Orders (30 days and under)								
Coast Guard Reservist on Named Contingency (over 90 days)								
Coast Guard Reservist in ISL/IRR (over 20 years)								
Coast Guard Reservist in ISL/IRR (under 20 years)								
Coast Guard Reserve Retiree (RET-2)								
Coast Guard Reserve Retiree (RET-1)								
1 Eligible for Mobilization	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
2 Reserve Survivor Benefit Plan (RSBP)	Yes	Yes	No	Yes	No	No	No	No
3 Servicemen's Group Life Insurance (SGLI)	No	No	No	No	Yes	Yes	Yes	Yes
4 Veterans Group Life Insurance (VGLI)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	No
5 Accrued Leave	No	No	No	No	Yes	Yes	Yes	No
6 Retired Pay	Yes	No	No	No	No	No	No	No
7 Thrift Savings Plan (TSP)	Yes	Yes	No	No	Yes	Yes	Yes	Yes
8 Uniform Allowance	No	No	No	No	Yes	Yes	Yes	Yes
9 Montgomery GI Bill	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
10 Reserve Education Assistance Program (REAP)	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
11 Tuition Assistance (TA)	No	No	No	No	Yes	Yes	Yes	Yes
12 Coast Guard Mutual Assistance	Yes	Yes	No	No	Yes	Yes	Yes	Yes
13 Commissary & Exchange Services	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
14 Family Services Program	Yes	Yes	No	No	Yes	Yes	Yes	Yes
15 Legal Assistance	Yes	No	No	No	Yes	No	Yes	No
16 Morale, Welfare, and Recreation Programs	Yes	Yes	No	No	Yes	Yes	Yes	Yes
17 Space Available Travel	Yes	Yes	No	No	Yes	Yes	Yes	Yes
18 Transient Quarters	Yes	Yes	No	Yes	Yes	Yes	Yes	Yes
19 TRICARE Dental Plan	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
20 "Early" Tricare (E-ID)	Yes	Yes	Yes	Yes	Yes	No	No	No
21 TRICARE Prime	Yes	No	No	No	No	Yes	Yes	No
22 TRICARE Reserve Select Benefits	No	No	No	No	No	No	No	Yes
23 Transitional Assistance Mgmt Program (TAMP)	No	No	No	No	Yes	No	No	No

INFORMATION COMPILED BY
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1. MOBILIZATION

When reservists are called to active duty, they leave their roles in the civilian world and become full-time military men and women. The president may mobilize 1 million reservists, for 24 months or less, to meet the requirements of war or other national emergency involving an external threat to national security. Congress may declare that a state of national emergency exists and recall all forces, including Army Reserve and Army National Guard units, Individual Ready Reserve, Standby Reserve and members of the Retired Reserve for the duration of the emergency plus six months.

For Mobilization/Demobilization resources see: www.defenselink.mil/ra/html/mobilization.html and *The Reservist*, Issue 6-07, Mobilization & Readiness Guide, www.uscg.mil/reservist. Learn about your reemployment rights: <http://esgr.org/userra.asp>

Note: If you've been mobilized under Title 10, Title 14, or voluntarily served on active duty in support of U.S. military operations or a named contingency, you are authorized to wear the Armed Forces Reserve Medal. The "M" device is worn to indicate mobilization with subsequent mobilizations denoted by a numeral indicating number of times mobilized. If you have not been mobilized, this medal is awarded for honorable and satisfactory service as a Reserve component member for a period of 10 years within a 12-year period. See the Medals & Awards Manual (M1650.25C) for more information.

2. RESERVE SURVIVOR BENEFIT PLAN (RSBP)

Reservists who complete 20 years of satisfactory service are entitled to apply for retired pay once they reach age 60. If the reservist dies prior to reaching age 60, entitlement to retired pay terminates. The only way your survivor(s) may receive a payment from the Coast Guard in the form of an annuity, if you die prior to age 60, is through the Reserve Component Survivor Benefit Plan (RCSBP).

Reservists completing 20 years satisfactory service will be automatically covered under the RCSBP at the maximum level, unless the reservist declines coverage, or elects reduced coverage. If the reservist declines, or elects reduced coverage, the member's spouse must concur with that election as per Public Law 106-398, Section 655 (Oct. 30, 2000).

Deductions for premiums are not payable until the member reaches age 60 (RET-1) if there is a surviving beneficiary. For more information please contact Coast Guard Personnel Service Center (PSC) at 1-800-772-8724 or see the 2007 *Reserve Forces Almanac*, Part V (Pages 172-180), available by writing: Uniformed Services Almanac, Inc., P.O. Box 4144, Falls Church, VA 22044, 703-532-1631, www.militaryalmanac.com.

3. SERVICEMEMBERS' GROUP LIFE INSURANCE (SGLI)

Servicemembers' Group Life Insurance (SGLI) is a group life insurance policy purchased by the Department of Veterans Affairs (VA) from a commercial life insurance company, and partially subsidized by the federal government. All Selected Reservists are automatically insured under SGLI for \$400,000. In addition, the spouse and dependent children of members enrolled in SGLI will automatically be enrolled in family SGLI. Members may opt out or reduce their SGLI coverage by completing form SGLV-8286 or SGLV-8286a for FSGLI and submitting it to their Servicing Personnel Office (SPO).

The Office of Servicemembers' Group Life Insurance (OSGLI) can be reached at 1-800-419-1473 or via the Web: www.insurance.va.gov/sglSite/default.htm.

4. VETERANS GROUP LIFE INSURANCE (VGLI)

Veterans Group Life Insurance (VGLI) is a program of post-separation insurance which allows servicemembers to convert their SGLI coverage to renewable term insurance. Members with full-time SGLI coverage are eligible for VGLI upon release from service. Within approximately 45 to 60 days following your separation from service, you should receive an application from the Office of Servicemembers' Group Life Insurance (OSGLI). You have one year and 120 days from your date of separation from service to apply for VGLI. After this, you are no longer eligible.

OSGLI administers the program and can be reached at 800-419-1473 or via the Web: www.insurance.va.gov/sglSite/VGLI/VGLI.htm.

5. ACCRUED LEAVE

All members accrue 2.5 days of leave per month for tours of 30 or more consecutive days on Active Duty (AD). Recalled reservists should, consistent with their units operational requirements, be allowed and encouraged to use their accrued leave. If a reservist who was serving on AD prior to Sept. 14, 2001 has an annual leave balance from that period, the individual may elect to: (1) sell the leave (up to the 60-day leave sell-back limit), or (2) carry over the unused leave balance into the military contingency operation AD period. Leave balances accrued under contingency operations from Sept. 14, 2001 may, if

unused at the point of demobilization, be sold even if the reservist has previously sold 60 days of annual leave during his/her career.

6. RETIRED PAY

SELRES members must have 20 "credible" years of service to be eligible for retired pay at age 60 (RET-1). A creditable retirement year is one in which you earn a minimum of 50 retirement points. You should check your point statement regularly to ensure your credible service is correct. Members will receive an official notice of eligibility within one year after completion of the required number of qualifying years of service, including information on the Reserve Component Survivor Benefit Plan (RCSBP) and the necessary option election forms. Members should have sufficient qualifying service before discontinuing active participation to ensure that they will be eligible for retired pay.

For more information see the *Coast Guard Pay Manual* (M7220.29A), Section 16.C, contact the Personnel Service Center Retirement & Annuity Services Branch (ras) at 1-800-772-8724, Web site: www.uscg.mil/hq/psc/ras.htm and/or see *The Reservist*, Issue 3-05 (The Retirement Issue) at: www.uscg.mil/reservist.

7. THRIFT SAVINGS PLAN (TSP)

Thrift Savings Plan (TSP) is a tax-deferred savings option and lowers the taxable income for participants. The savings plan is similar to 401k plans offered by many private employers. Administered by the Federal Retirement Thrift Investment Board, it is separate from and in addition to the military retirement system. All members in a pay status may participate in TSP by completing form TSP-U-1 Election Form. Service members may contribute from 1-100 percent of basic pay as well as any incentive or special pay (including bonus pay). However, the annual total of tax-deferred contributions cannot exceed the Internal Revenue Code limit, which is \$15,500 for 2007. For more info, see: www.tsp.gov/ or the *Coast Guard Pay Manual* (M7220.29A) 6.G.

8. RESERVE CLOTHING MAINTENANCE ALLOWANCE

ENLISTED:

Reserve Basic Maintenance Allowance (RBMA) or Reserve Standard Maintenance Allowance (RSMA) is only payable to drilling Selected Reservists (TRAPAY CAT A or B). The maximum number of drills for which a reservist may be paid RBMA and RSMA per year is 48. Enlisted members with three or more years of cumulative Coast Guard SELRES service or active duty enlisted members released from active duty (RELAD) and now members of the Coast Guard SELRES are eligible for RSMA of between \$2.73 and \$3.60 per paid drill. Enlisted members who do not meet these criteria are entitled to RBMA of between \$1.91 and \$2.52 per paid drill. Members who are receiving an allowance under RBMA or RSMA and accept active duty orders shall receive the active duty clothing maintenance allowance (CMA) equivalent.

OFFICER:

A Reserve officer may become entitled to two different allowances for purchase or maintenance of required uniforms. All officers commissioned or appointed in the Reserve component are authorized a one-time initial uniform allowance, regardless of the source of commission or previous enlisted status. Reserve officers are also entitled to an allowance upon receiving active duty orders of 90 days or more (including authorized travel time). This allowance will not be paid within a period of two years from any other uniform allowance payment. For more information, see the *USCG Pay Manual* (M7220.29A), CH-4.J-K and Figure 3-27 for current rates.

9. MONTGOMERY GI BILL

The Montgomery GI Bill-SR (MGIB-SR) program may be available to you if you as a member of the SELRES. This benefit can be used for degree and certificate programs, flight training, apprenticeship/on-the-job training and correspondence courses. Remedial, deficiency, and refresher courses may be approved under certain circumstances. There are two Reserve GI Bills, Chapter 1606 for regular drilling reservists and Chapter 1607 for reservists who have had extended mobilizations after Sept. 11, 2001. Basic eligibility requirements are:

CHAPTER 1606

- Must be an active drilling reservist
- Completed IADT
- High School diploma or equivalent
- Good standing in your unit
- Remain in a drilling status
- Have at least a six-year obligation

CHAPTER 1607

All of the above qualifications apply - PLUS:

You must have performed full-time active duty service for at least 90 consecutive days after Sept. 11, 2001

For questions regarding Chapter 1607 and Chapter 1606 benefits, contact the Veteran's Administration by calling 888-442-4551 or see the VA Web site: www.gibill2.va.gov.

10. RESERVE EDUCATION ASSISTANCE PROGRAM (REAP)

REAP (Chapter 1607) is a Department of Defense/VA education benefit program designed to provide educational assistance to members of the Reserve components called or ordered to active duty in response to a war or national emergency (contingency operation) as declared by the president or Congress. A member of a **reserve component** who served on active duty on or after Sept. 11, 2001 under Title 10 for a contingency operation and who serves at least 90 consecutive days or more is eligible for Chapter 1607. Individuals are eligible as soon as they reach the 90-day point whether or not they are currently on active duty. The Department of Defense and Department of Homeland Security will fully identify contingency operations that qualify for Chapter 1607 benefits.

The payment amount for REAP is determined by the number of days you were activated. Chapter 1607 benefits cannot be used with other VA educational benefits. You must make an irrevocable election choosing which program you want your military service to count toward. However, if you are eligible for a Chapter 1606 kicker (College Fund), you can still be paid that kicker while receiving Chapter 1607. For additional details see the VA Web site: www.gibill2.va.gov/.

11. TUITION ASSISTANCE (TA)

Enlisted members and officers serving in the SELRES are eligible for tuition assistance (TA), except members in a retired recall status and CWOs extended beyond 30 years. Eligible service members are authorized \$4,500 per year in TA education benefits annually; up to \$250 per semester hour or \$166 per quarter hour. In addition to TA, grants and scholarship opportunities are readily accessible to members. These grants help to pay for other costs, such as textbooks, and allow members to achieve their goals sooner.

Enlisted members must have a minimum of one year of service remaining upon course completion. Officers who use TA incur obligated service in exchange for their participation in the program. Specifically, officers agree not to request release, separation, retirement or termination from SELRES status for 12 months following the course completion date of the last course funded by TA.

Members eligible for Chapter 1607 benefits shall take full advantage prior to receiving TA. The total combined benefits may not exceed the full cost of the course(s).

In addition, Top-Up is a program that allows GI Bill participants to use the GI Bill to supplement the tuition and fees not covered by TA. The amount of the benefit can be equal to the difference between the total cost of a college course and the amount of TA.

For more information, contact your unit Education Services Officer (ESO), COMDTINST 1500.24, or see the Coast Guard Institute Web site: www.uscg.mil/hq/CGI/index.html.

12. COAST GUARD MUTUAL ASSISTANCE (CGMA)

Coast Guard Mutual Assistance (CGMA) is an independent, non-profit, charitable organization, providing financial assistance to the entire Coast Guard family. The program is available in order to temporarily solve situations requiring immediate attention by supplementing, not replacing, other forms of available assistance. This assistance includes counseling, short-term interest-free loans, financial grants, referrals, and other related means. Almost everyone connected with the Coast Guard is eligible to request assistance from CGMA, including reservists, retirees, and family members. Assistance will not be provided for comfort, convenience or desire, maintaining a standard of living beyond the means of the member, long-term or continuing support, or for groups or organizations. CGMA is funded solely from contributions and returns on investments. Learn more by visiting your unit CGMA representative, calling 1-800-881-2462, or visiting the CGMA Web site at: www.cgmahq.org/.

13. COMMISSARY & EXCHANGE SERVICES

Commissaries and exchanges are available to servicemembers and their families, including reservists and retirees. Commissaries are supermarkets located on military installations to sell groceries, sundry, and cleaning products for cost plus a five percent surcharge. The exchange is the military department

and drug store. Army and Air Force exchange services (AAFES), Navy exchanges (NEX), and shoppettes are all examples of military exchange stores. There is no sales tax charged at the commissaries and exchanges. AAFES is also responsible for the operation of on base service stations and Class VI (liquor) stores, as well as base theaters and food franchises (i.e. Burger King). To establish gas and liquor prices, AAFES periodically surveys the local area, and attempts to set their prices below the off-base average. Authorized shoppers need only show valid military ID to gain entry. As of November 2003, Reserve members received unlimited shopping privileges.

The Coast Guard Exchange System (CGES), independent of AAFES and NEX, operates as a business enterprise. Income generated is used as working capital to maintain CGES and to provide the Coast Guard with supplemental funding to the Morale, Welfare and Recreation (MWR) fund. Because CGES provides services to its customers in remote locations, some units operate with little or no profit as a benefit to military service members and their families. CGES Customer Service Toll free number: 1-800-572-0230; CGES Web site: www.cg-exchange.com/.

To find a commissary or exchange near you (including Coast Guard Exchanges), visit this Web site: www.militaryconnection.com/exchanges.asp.

14. FAMILY SERVICES PROGRAMS

Most military installations have "Family Centers" which provide information, life skills education, and support services to service men and women and their families. These centers can provide community service programs that link members with appropriate services available in the local community and/or through state and federal assistance programs.

Some examples of programs available are:

Child Development and Family Relationships, to include help in promoting maximum development of the child and family unit, improving communication skills, adjusting to changes coping with stress, and the needs of relocating families.

Preventive Education for Teens, including opportunities for teens to participate in constructive activities and programs that will help them build self-esteem, self-discipline, develop decision making and communications skills, and experience positive peer interaction and receive attention and guidance from responsible adults.

Financial Management and Consumer Education, to include programs in money management, budgeting, managing debt, increasing savings/investments, insurance decision making, consumer rights, responsibilities and obligations, and consumer/family laws affecting the family's economic well-being.

Career Development Programs, to include improving and marketing skills, preparing for the job market, and pre-employment and employment assistance. Programs will be provided for teens and adults, with special attention to the employment needs of the civilian spouse in a relocating military family.

Leadership Development, for youth and adult volunteers will include training and experience in teaching, organization, leadership, and management, as well as knowledge in the fields of child and human development, and educational subject matter.

Contact your unit ombudsman or visit these Web sites: www.militaryonesource.com/skins/MOS/home or www.militaryhomefront.dod.mil/

15. LEGAL ASSISTANCE

Legal assistance may be provided to members on active duty (including reservists on active duty or scheduled for deployment), retired reservists with pay (RET-1) or receiving retainer pay or equivalent, and dependents of members as described. These services are contingent upon the availability of legal assistance staff and resources. Members may also be eligible to participate in the Coast Guard Work Life program's Employee Assistance Program (EAP), which maintains a legal services element. This consultation and referral service is not part of the legal assistance program and may result in legal fees. Details are available from local EAP coordinators. For more information, including a list of USCG legal offices, see the Coast Guard Legal Web site: www.uscg.mil/legal/.

16. MORALE, WELFARE, AND RECREATION (MWR)

Morale, Welfare and Recreation (MWR) activities include arts and crafts facilities, bowling centers, golf courses, libraries, outdoor recreation, recreation centers, youth centers activities and recreation membership clubs. In most instances, Reserve members and their dependents are entitled to use all class "C" facilities on the same basis as active duty personnel. Local installation and facility commanders do have the authority to establish priorities for MWR activities that are high demand and unable to accommodate all who desire to participate. The MWR office usually has a policy letter for that installation stating established priority use which varies from unit to unit. Contact your

unit MWR to find out what's being offered in your area. Be sure to confirm hours of operation and eligibility for the activity you and your family are interested in. For additional resources, visit the Coast Guard MWR Web site, which includes links for each branch of the military at: www.uscg.mil/MWR/.

17. SPACE AVAILABLE TRAVEL

Space-Available Travel, otherwise known as Space A or military hops, is a unique privilege provided to servicemembers, including SELRES, retirees and their families. Under the Space A program, eligible passengers can fill unused seats on DoD-owned or controlled aircraft once all the space-required (duty) passengers and cargo have been accommodated.

Reserve retirees under age 60 (RET-2) are restricted to flights INCONUS (within the continental United States), and to, from, and within Alaska, Hawaii, Guam, Puerto Rico, American Samoa, and the U.S. Virgin Islands. Dependents of Reserve retirees are authorized to travel until the member reaches age 60 (RET-1, retired with pay). At age 60, members are eligible to travel INCONUS or OCONUS. Dependents are eligible to travel with members on domestic leg segments of international flights during the beginning or end of their international flight, (i.e. if a flight originates in Texas, stops in California as part of the mission, and then continues overseas, dependents may fly from Texas to the overseas area on the flight. They may not, however, travel simply from Texas to California).

Passengers travel only after the mission is accommodated and available seats are released. There is no guaranteed time frame and it may be necessary for travelers to stand by for available flights. Mission requirements may necessitate the removal of Space A passengers at any point. As you may be removed en route, travelers should be prepared to purchase commercial transportation, meals, and lodging.

Passengers are required to sign up with a military installation and are then placed on a locally managed Space A register. The registration process varies depending on the installation, but most allow registration via e-mail, web, fax, or mail.

For more information see: www.afcrossroads.com/activities/travel_space.cfm, www.armymwr.com/portal/travel/, or www.spacea.info/

18. TRANSIENT QUARTERS

Available to all U.S. active duty, reserve and retired personnel and their families, temporary living quarters, family campgrounds, recreation areas and/or lodges may be available on a space-available basis and some only at certain times of the year. Reservations are generally required for recreation areas and family campgrounds. It is advisable to call or write well in advance to determine if the facility you plan to use or visit will be available to you and your eligible family members.

The Coast Guard has 30 separate recreation areas located in 15 states and Puerto Rico. There is no central reservations office for Coast Guard facilities, but you can find contact information for each recreation area from your MWR. There are almost 22,000 Army lodging units, temporary housing, and guesthouses at 80 locations in the United States, Korea, Japan, Belgium, Germany, Italy, Alaska and Hawaii. Navy Lodges provide reservations and room assignments without regard to rank or rate, or time of reservations.

Here are some helpful sites to get you get started:

COAST GUARD: www.uscg.mil/MWR/

AIR FORCE LODGING RESERVATIONS: 1-888-AFLODGE or www.p.afsv.af.mil/DoDLodging/

ARMY LODGING: 1-800-GO-ARMY-1 or

www.armymwr.com/portal/travel/lodging/

NAVY LODGE: 1-800-NAVY-INN or www.navy-lodge.com/

INNS OF THE CORPS: www.usmc-mccs.org/lodging/tlfdirectory.cfm

OTHER RESOURCES: www.govarm.com/ and www.armymwr.com/portal/travel/recreationcenters/

19. TRICARE DENTAL PLAN (TDP)

The TRICARE Dental Program (TDP) is available to family members of all SELRES members and/or their families through United Concordia. The sponsor must have at least 12 months remaining on his or her service commitment at the time of enrollment. Retirees and dependents have the option to purchase dental through TRICARE Retired Dental Plan (TRDP). Call 1-888-838-8737 or www.ddpdelta.org. For more information, visit: www.tricare dental program.com.

20. "EARLY" TRICARE (E-ID)

Reserve members who are issued delayed-effective-date active duty orders for more than 30 days in support of a named contingency are eligible for

"early" TRICARE medical and dental benefits beginning on the later of 1) the date their orders were issued; or 2) 90 days before they report to active duty.

The Servicing Personnel Office (SPO) will advise members of eligibility for pre-activation benefits when they receive their delayed-effective-date active duty orders. If a Reserve member is eligible for pre-activation benefits, his or her family members that are registered in DEERS are eligible as well. More detailed information is available at the TRICARE Web site: www.tricare.mil/factsheets/viewfactsheet.cfm?id=328

21. TRICARE PRIME

TRICARE is the health care program serving active duty service members, retirees, their families, survivors and certain former spouses worldwide. As a major component of the Military Health System, TRICARE brings together the health care resources of the uniformed services and supplements them with networks of civilian health care professionals, institutions, pharmacies and suppliers to provide access to high-quality health care services while maintaining the capability to support military operations. You must be registered in DEERS and have a valid military ID card showing you are eligible for TRICARE.

ON MILITARY DUTY FOR 30 DAYS OR LESS - When on military duty for 30 days or less, you are covered for any injury, illness or disease incurred or aggravated in the line of duty, including traveling to and from military duty, under line-of-duty procedures. Your family members are typically not eligible for health benefits when you are on military duty for 30 days or less.

ON MILITARY DUTY FOR MORE THAN 30 DAYS - When you are activated and serve on active duty for over 30 consecutive days, you and your family's medical and dental care needs are covered under TRICARE Prime. Medical coverage at military treatment facilities (MTFs) is also available when you are activated. You may also receive dental care at military dental treatment facilities.

For more information see the TRICARE Web site at www.tricare.mil.

22. TRICARE RESERVE SELECT BENEFITS

TRICARE Reserve Select (TRS) is a premium-based health plan that qualified SELRES members may purchase. The old three-tiered TRS health care plan has been replaced by a new one-rate plan that went into effect Oct. 1, 2007. Members previously enrolled in TRS must re-enroll for this new program as all TRS three-tier coverage plans terminated on Sept. 30, 2007.

Beginning Oct. 1, 2007, TRS is available to all members of the Selected Reserve regardless of any active duty served, with one exception: If you are eligible for the Federal Employees Health Benefits (FEHB) program (as defined in Chapter 89 of Title 5 U.S.C) or currently covered under FEHB, either under your own eligibility or through a family member, you are excluded from enrolling in the new TRS plan.

Premiums for 2008 are \$81 per month for member only coverage or \$253 per month for family coverage. Enrollment is a simple two-step process that can be done right from your home computer. You must enroll online at <https://www.dmde.osd.mil/appj/trs/>, then mail your completed and signed DD2896-1 to the appropriate TRICARE contractor along with payment (if paying by check). The DD2896-1 is generated at the end of the online enrollment process. Step by step instructions can be found on the Coast Guard Reserve Web site under the "Benefits" tab

http://www.uscg.mil/reserve/pay_benefits/tricare.htm.

For more information, see ALCOAST 399/07 or visit the TRICARE Web site: www.tricare.mil/mybenefit/home/overview/Plans/ReserveSelect?

23. TRANSITIONAL ASSISTANCE MANAGEMENT PROGRAM (TAMP)

The Transitional Assistance Management Program (TAMP) provides 180 days of transitional health care benefits to certain uniformed services members and their families, if the sponsor is:

Involuntarily separating from active duty under honorable conditions,

A National Guard or Reserve member separating from active duty for a period of more than 30 consecutive days in support of a contingency operation,

Separating from active duty following involuntary retention (stop-loss) in support of a contingency operation,

Separating from active duty following a voluntary agreement to stay on active duty for less than one year in support of a contingency operation

For those who qualify, the 180-day TAMP period begins upon the active duty sponsor's separation. During TAMP, sponsors and family members are eligible to enroll in TRICARE Prime, TRICARE Prime Overseas or use TRICARE Standard and Extra or TRICARE Standard Overseas.

For detailed information, please see the TRICARE Web site: <http://tricare.mil/factsheets/viewfactsheet.cfm?id=317>

**ARE YOU
TAKING
ADVANTAGE ?**

